

## PAN-SEARED TILAPIA WITH CHILE LIME BUTTER

<http://www.epicurious.com/run/recipe/view?id=108343>

Active time: 25 min Start to finish: 25 min

### **For chile lime butter**

1/2 stick (1/4 cup) unsalted butter, softened

1 tablespoon finely [not too finely!] chopped shallot [lacking shallots, we substituted some red onion (which gave the sauce a lovely pink color), a little bit of yellow onion, and 1 clove garlic. It all added up to more like 2 tbs.]

1 teaspoon finely grated fresh lime zest

2 teaspoons fresh lime juice [much more]

1 teaspoon minced fresh Thai or serrano chile (preferably red), including seeds [a little more]

1/2 teaspoon salt

### **For fish**

6 (5- to 6-oz) pieces skinless tilapia fillet or farm-raised striped bass fillets with skin [or orange roughy, or red snapper]

1/2 teaspoon salt (go easier than this, consider leaving it out for the wrapped and baked version)

2 tablespoons vegetable oil

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### **Make chile lime butter:**

Stir together butter, shallot, zest, lime juice, chile, and salt in a bowl.

### **Prepare fish:**

If using striped bass, score skin in 3 or 4 places with a thin sharp knife to prevent fish from curling (do not cut through flesh). Pat fish dry and sprinkle with salt. Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until just smoking, then sauté 3 pieces of fish, turning over once with a spatula, until golden and just cooked through, 4 to 5 minutes, and transfer to a plate. Sauté remaining fish in remaining tablespoon oil in same manner.

Serve each piece of fish with a dollop of chile lime butter.

Cooks' note:

- Chile lime butter can be made 1 day ahead and chilled, covered. Bring to room temperature before using.

Makes 6 servings. [I would say 2-3 servings, because I found that one person could easily eat 2 filets]

*Gourmet*

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Gourmet Entertains

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A Cook from Exeter, NH on 07/28/04

I made this recipe as designed and it was very good... The lime/chile butter is outstanding, and I substituted vadalia onions for shallots. I then made it again, and put two tilapia fillets in foil with a dallop of the lime butter on it, sealed the foil packet, put in on a cookie sheet in a 400 oven for 8-12 minutes and it was actually much better. The fish wasn't crispy like when it was fried and the smell when you opened the packet was devine! Even my 8yr old said.."what is that great smell?" The entire fish was infused with the lime/chile butter and it was great....try this and see what you think. Another thought, how about wrapping individual fillets in parchment, baking in the oven and serving...The aroma when you open the package is wonderful.

[We adapted the alternative method (above) which infused the fish with the butter and made for a soft and juicy and aromatic fish: brush some butter over the fish filets. Wrap in parchment paper. Bake in oven, 350° 15 mins (or 400° for 8-12 mins). The pan searing method produced a crisper fish, plus it allowed for experiencing a crunchyness of the topping of the minced shallot/onion/garlic mixture. We served it over white rice, w/steamed vegetables w/vinaigrette.]